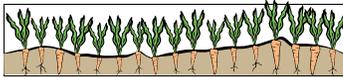


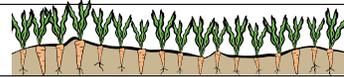
Healthy Bites



Information To Improve the Selection and Use Of Foods In Your Home



Grow Kids with a Garden



Volume XX

Have you ever gotten your kids involved in a gardening project? *Really* involved? Most of the time we want to make sure youngsters don't step on the newly seeded carrots, pull off green tomatoes or the first blooms on the flowers. How about letting them have a garden spot they can call all their own?

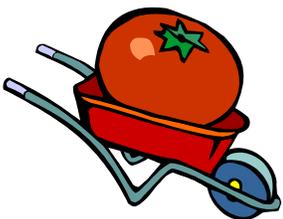
Growing plants is very educational and beneficial, as anyone who is involved in gardening will quickly agree. Yes, we fight disease, are frustrated by uncooperative weather and experience failures. But, that is a picture of life. The immediate rewards come when the flowers bloom and the vegetables are ready to eat. In the long term, children can learn many important lessons which will help them mature into responsible adults.

Youngsters can be taught an incredible number of lessons just by raising a few plants. Responsibility and patience are two virtues that quickly come to mind as lessons we all learn from a garden. Let them have failures along side successes. They will open up much more to your guidance as they realize your advice can help them reach their gardening goals.



Of course, science can be taught in many enjoyable ways. The life cycle of a plant, from the germination of a seed to the production of fruit, to its eventual death, mirrors all events in life. How does a plant grow? What does it need? How do environmental events like heat, cold, drought and pollution affect the growth of plants. When a child asks a question, help them to suggest answers and design a simple experiment to test their theory.

Kids can learn to plan a garden based on what they (and the family) like to eat. There are many levels of math skills involved in planning and planting a garden such as measuring and counting. Help older kids figure out how much it costs to raise the plants and what the same produce costs at the market. This can help them learn financial responsibility.



Record keeping and organization is another lesson that can be learned in keeping a garden. Starting young may help develop good organizational skills that can last through their entire life. Let the child do their own thing, with guidance.

If you do not have a sunny patch of ground, then try gardening in containers. You can grow many things in all sorts of containers, and half the fun is finding odd and unusually shaped things to hold the soil.

Be creative, be helpful, set guidelines, nurture curiosity and let the kids grow to love life.

Source: Smith County Extension Tyler, Texas

WORD WISE

Germination - Start to develop. The seeds are ready to sprout. All they need is some moisture to get activated, and temperature warm enough to allow the life to proceed.



Environmental events - external factors influencing life, such as light or food supply.

Source: www.backyardgardener.com

BROCCOLI RAISIN SALAD

Ingredients

3 cups of broccoli, cut into bite-sized pieces
2/3 cup raisins
1/4 cup red onion, chopped
1/2 cup walnuts
3 slices cooked bacon crumbled (optional)
2 tbsp. Sugar, 3 tbsp cider vinegar
3/4 c. mayonnaise or non-fat plain yogurt



Directions

In a large bowl, toss broccoli, raisins, red onion, walnuts, and bacon. In a separate bowl, mix together sugar, vinegar, and mayonnaise. Pour mayonnaise mixture over broccoli and toss to coat. Refrigerate for at least 2 hours. Serves 6, serving size 3/4 cup 350 calories, 20 grams fat.

Source: www.recipesource.com

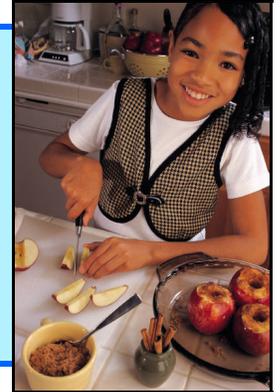
Plan for Healthy Snacks



Growing kids sometimes need to eat more often than adults—especially when activity levels are high. Snacks are important to boost energy and prevent between meal hunger. Healthy snacks add variety and needed nutrients to kid’s diets.

Plan Snacks to “Hold You Over”

- 🍷 Low-fat microwave popcorn
- 🍷 Low-fat cottage cheese with fruit
- 🍷 Fresh fruit with low-fat yogurt for dipping
- 🍷 Canned tuna mixed with low-fat mayo on whole grain toast.
- 🍷 Fresh vegetables, like baby carrots, with low-fat salad dressing dip.
- 🍷 Unsweetened whole grain cereal with sliced fruit.



Take a SNACK when on the GO!

- 🍷 Applesauce in single serving container
- 🍷 Animal crackers or graham cracker
- 🍷 Whole fruit
- 🍷 Box of raisins
- 🍷 Trail mix with dried fruit



- 🍷 Pretzels or rice cakes
- 🍷 Whole grain crackers
- 🍷 Fig bars
- 🍷 String cheese
- 🍷 Hummus and pita

Source: Kidshealth.org

CHECK THE LABEL

Is this A Whole Grain?

Read the ingredient list on the food label to be sure. Most foods will have “whole” or “Whole grain” listed before the grain ingredient’s name (wheat, oats, corn or rye).

The whole grain should be the first ingredient listed. Some exceptions that are still whole grains are: brown rice, oatmeal, popcorn, wild rice and bulgur.

Nutrition Facts	
Serving Size 8 fl oz (237mL)	
Servings Per Container About 6	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 20%	Vitamin C 120%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
Ingredients: Whole wheat flour, water, wheat gluten, soybean, and/or canola oil, yeast, salt, honey.	

Source: wholegrainscouncil.org

NUTRITION TRIVIA

Did you know...

- 🍷 The average American consumes more than 2 1/2 times the amount of sodium each day that the body needs to stay healthy. While some sodium is necessary to maintain the body’s fluid balance, too much can lead to high blood pressure.
- 🍷 Sweet potatoes, which are not related to baking potatoes or yams, are extremely high in vitamin A. Plus, one serving of sweet potatoes has as much vitamin C as half an orange.
- 🍷 Approximately 4 1/2 pounds of grapes are used to make one pound of raisins. During the drying process, moisture is removed from grapes, enabling the remaining raisins to retain their flavor, nutrients like iron and color for up to two years if stored in the refrigerator.



Source: Association for Child Development

Refrigeration and Freezer Guide for Foods

ITEM	IN REFRIGERATOR (40°F)	IN FREEZER (0°F)
MEATS (Fresh) Roasts, Steaks, Chops, Ground Meat	3-5 days 3-5 days 1-2 days	6-12 months 6-9 months 3-4 months
HOT DOGS, LUNCH MEATS Hot Dogs, Opened Hot Dogs, Unopened* Lunch Meats, Opened Lunch Meats, Unopened*	1 week 2 weeks 3-5 days 2 weeks	In freezer wrap- 1-2 months
MEATS (Leftover) Leftover Meat Dishes Gravy and Meat Broth	3-4 days 1-2 days	2-3 months 2-3 months
POULTRY (Fresh) Chicken or Turkey (whole) Chicken or Turkey (pieces) Giblets	1-2 days 1-2 days 1-2 days	1 year 9 months 3-4 months
POULTRY (Cooked, Leftover) Leftover Chicken Dishes Leftover Fried Chicken Leftover Pieces, Plain Leftover Pieces with gravy Chicken Nuggets, Patties	3-4 days 3-4 days 3-4 days 1-2 days 1-2 days	4-6 months 4 months 4 months 6 months 1-3 months
SOUPS and STEWS Vegetable or Meat added	3-4 days	2-3 months
EGGS Fresh Hardcooked Egg Substitutes, opened Egg Substitutes, unopened	3 weeks 1 week 3 days 10 days	Do Not Freeze Do Not Freeze Do Not Freeze 1 year
DELI & VACUUM-PACKED Store-prepared Egg, Chicken, Tuna, Ham, Macaroni Salad Commercial brand vacuum packed dinners	3-5 days 2 weeks, unopened	Do Not Freeze Do Not Freeze

*But not more than one week after "sell by" date

Source: Purdue University Extension

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



For more information or questions regarding food and nutrition, contact us!

Copy cats permitted!



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